

NUTRITION RESOURCES

Dietary Guidelines and Nutrition Information

This list contains online resources for dietary guidelines and general nutrition information. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to food and nutrition, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

Contents

Cultural Diversity	2
Developing Healthy Eating Habits	3
Dietary Guidelines	4
Early Childhood Nutrition	5
Elderly Nutrition	7
Feeding Infants	8
Food Labels	9
Nutrition Information	11
Nutrition Myths and Fad Diets	14
Nutrition Resources for Families	15
Nutrition Screening Tools	16



For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/ Americans with Disabilities Act Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101, Levy.Gillespie@ct.gov.

Cultural Diversity

Celebrating Diversity: Approaching Families through Their Food. National Center for Education in Maternal and Child Health, 1994.
<http://www.mchlibrary.info/pubs/pdfs/CelebratingDiversity.pdf>

Celebrating Diversity, Nurturing Respect. Mealtime Memo for Child Care, No. 9, National Food Service Management Institute, 2005.
<http://www.nfsmi.org/documentlibraryfiles/PDF/20080610110939.pdf>

Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators. Food and Nutrition Information Center, April 2011. <http://www.nal.usda.gov/fnic/pubs/ethnic.pdf>

Ethnic and Cultural Resources. Food and Nutrition Information Center. List of Web sites and resources.
<http://fnic.nal.usda.gov/lifecycle-nutrition/aging/ethnic-and-cultural-resources>

Healthy Latin American Recipes. This bilingual cookbook contains 23 tested recipes that cut down on fat, cholesterol and sodium but not on taste. http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm

Lessons for Engaging Diverse Communities to Create Healthy Schools and Kids. Action for Healthy Kids, 2009.
<http://www.actionforhealthykids.org/assets/clubs/id2-diverse.pdf>

◀ [Return to Contents](#) ▶

Developing Healthy Eating Habits

Bright Futures in Practice. Nutrition, Third Edition. National Center for Education in Maternal and Child Health, 2011. Emphasizes prevention and early recognition of nutrition concerns and provides developmentally appropriate nutrition supervision guidelines for infancy through adolescence. Contains strategies and tools to help health professionals provide nutrition supervision (including screening, assessment and counseling) and promote partnerships with families and communities. <http://www.brightfutures.org/nutrition/index.html>

Bright Futures Nutrition Family Fact Sheets. National Center for Education in Maternal and Child Health, 2002. A series of fact sheets addressing nutrition and healthy eating for the following ages. Infancy Birth-5 Months; Infancy 6-11 Months; Early Childhood 1-2 Years; Early Childhood 3-4 Years; Middle Childhood 5-7 Years; Middle Childhood 8-10 Years; and Adolescence 11-21 Years. <http://www.brightfutures.org/nutritionfamfact/index.html>

Ellyn Satter. Resources available for purchase from an expert in the field of children's eating and feeding. <http://www.ellynsatter.com/>

Family Style Dining in Child Care. Mealtime Memo, No. 8, 2006, National Food Service Management Institute. <http://www.nfsmi.org/documentlibraryfiles/PDF/20080609045003.pdf>

Feeding Young Children. Colorado State University, 2006. <http://www.ext.colostate.edu/PUBS/FOODNUT/09366.html>

Feeding Your Child and Teen. University of Michigan Health System, 2008. <http://www.med.umich.edu/yourchild/topics/feed.htm>

Handouts on Nutrition and Feeding for Infants and Children. Ellyn Satter. <http://www.ellynsatter.com/links-i-82.html#educational>

Happy Mealtimes for Healthy Kids. National Food Service Management Institute, 2011. <http://www.nfsmi.org/ResourceOverview.aspx?ID=83>

Helping Children Be Good Eaters. Ellyn Satter, 2006. <http://www.ellynsatter.com/resources/helping.pdf>

Helping Children Develop Healthy Eating Habits. Mealtime Memo, No. 11, 2009, National Food Service Management Institute. <http://www.nfsmi.org/documentlibraryfiles/PDF/20091102085739.pdf>

Introducing New Foods. Mealtime Memo, No. 4, 2006, National Food Service Management Institute. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080610093628.pdf>

NEAT (Nutrition Education Aimed at Toddlers). Michigan State University, 2006. Designed to help parents and other adult caregivers encourage toddlers to develop healthy eating habits. The curriculum promotes a healthy mealtime environment by empowering adults to become responsive to children's verbal and non-verbal behaviors and empower the child to self-regulate food intake. Includes four group lessons and eight reinforcing activities. <http://nursing.msu.edu/neat/neatpdf.asp>

Nutrition for Kids. 24 Carrot Press. Commercial site with good resources on nutrition for kids. Also includes free "Feeding Kids" newsletter. <http://www.nutritionforkids.com/>

◀ [Return to Contents](#) ▶

Dietary Guidelines

Center for Nutrition Policy and Promotion. U.S. Department of Agriculture. Resources on dietary guidance for consumers.
<http://www.cnpp.usda.gov/>

Choose MyPlate. U.S. Department of Agriculture. <http://www.choosemyplate.gov/>

Choose Myplate: 10 Tips to a Great Plate. U.S. Department of Agriculture, DG TipSheet No. 1, June 2011.
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>

Dietary Guidelines. Food and Nutrition information Center, U.S. Department of Agriculture. <http://fnic.nal.usda.gov/dietary-guidance/dietary-guidelines>

Dietary Guidelines for Americans. U.S. Department of Agriculture and U.S. Department of Health and Human Services.
<http://www.health.gov/dietaryguidelines/>

Dietary Recommendations for Children and Adolescents. A Guide for Practitioners. Pediatrics, Volume 117, Number 2, February 2006.
<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;117/2/544.pdf>

Dietary Sugars Intake and Cardiovascular Health, A Scientific Statement from the American Heart Association. Circulation, Volume 120, September 15, 2009. <http://circ.ahajournals.org/cgi/reprint/120/11/1011>

Dietary Reference Intakes. Institute of Medicine of the National Academies. <http://www.iom.edu/> (search for “Dietary Reference Intakes”)

Healthy People. U.S. Department of Health and Human Services. Science-based, 10-year national objectives for improving the health of all Americans. <http://www.healthypeople.gov/2020/default.aspx>

Just the Facts! Serving School Meals that Meet the 2010 Dietary Guidelines for Americans and the School Meal Patterns for Healthier School Meals. U.S. Department of Agriculture, 2012. Fact sheets to help schools incorporate the Dietary Guidelines recommendations within the school meal pattern requirements and nutrition standards, including: Just the Facts (Introduction); Use Low-fat Milk, Cheese and Yogurt; Jazz Up Your Menu With Fruits; Vary Your Vegetables; Serve More Dry Beans and Peas; Serve More Whole Grains; Limit Saturated Fat; Trim Trans Fat; Be Salt Savvy – Cut Back on Sodium; and Meeting the Challenge of Rising Food Costs. http://www.teamnutrition.usda.gov/Resources/dgfactsheet_hsm.html

Nutrient-Rich Foods. Nutrient-Rich Foods Coalition. Information to help educate people on how to get more nutrients from their diets by choosing nutrient-rich foods first. <http://www.nutrientrichfoods.org/>

Nutrition Guidance for Healthy Children Aged 2 to 11 Years (Position of the American Dietetic Association). Journal of the American Dietetic Association, Volume 108, Issue 6, Pages 1038-1047, June 2008.
<http://www.eatright.org/About/Content.aspx?id=8371>

The Importance of Nutrient-Rich Foods in Planning Nutritious Meals for Children. 2009.
http://www.oregondairycouncil.org/resources/free_downloads/downloads/NRF_joint_editorial.pdf

Use SuperTracker Your Way: 10 Tips To Get Started. U.S. Department of Agriculture, DG TipSheet No. 17, June 2011.
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet17SuperTracker.pdf>

◀ [Return to Contents](#) ▶

Early Childhood Nutrition

- ABC's of Growing Healthy Kids*. Pennsylvania State University. Includes Children 2–6 Years; Good Times at Mealtimes; Keep on Snacking. <http://pubs.cas.psu.edu/PubTitle.asp?varTitle=ABC%92s+of+Growing+Healthy+Kids&Submit=Go>
- American Academy of Pediatrics*. <http://www.aap.org/>
- Caring for Connecticut's Children: A Handbook for Parents and Caregivers of Young Children. Volume 1 Promoting Health and Safety*. Child Health and Development Institute of Connecticut, Inc., January 2004. <http://www.chdi.org/admin/uploads/883769515493d485574607.pdf>
- Child Care & Early Education Research Connections*. A comprehensive and easily searchable collection of thousands of resources from the many disciplines related to child care and early education. <http://www.childcareresearch.org/childcare/welcome>
- Child Care Connections Newsletter*. Texas Department of Agriculture. Addresses a variety of topics, including nutrition and physical activity, for family child care, child care centers and school-age programs. http://fcs.tamu.edu/families/child_care/newsletters_listed.php
- Childcare.gov*. Website on all federal agency child care resources in one place. <http://www.childcare.gov/>
- Children's Nutrition Research Center, Baylor College of Medicine, Texas*. U.S. Department of Agriculture. USDA research center dedicated to defining the nutrient needs of healthy children. Includes "Nutrition and Your Child" newsletter. <http://www.bcm.tmc.edu/cnrc/>
- Feeding Young Children in Group Settings*. University of Idaho. Best practice resources to provide a nurturing feeding environment for young children. Contains a variety of educational materials, learning activities and resources for child care providers, Head Start teachers, food service workers and other professionals who prepare and provide food to young children in group settings. <http://www.cals.uidaho.edu/feeding/>
- Feeding Young Children in Group Settings Handouts*. University of Idaho. Includes Six Principles for Feeding Young Children in Group Settings, Creating a Developmentally Sound Feeding Environment, Choices for Children's Health and Well-Being and Common Questions about Feeding. http://www.cals.uidaho.edu/feeding/fortrainers/handouts_theme.html
- Gerber*. Industry site with extensive information for consumers and professionals on feeding and nutrition for infants, toddlers and preschoolers. <http://www.gerber.com/Public/Default.aspx>
- Growth Charts*. Centers for Disease Control and Prevention, 2000. Includes pediatric growth charts (English, Spanish and French), Frequently Asked Questions, interactive web-based training modules, PowerPoint presentation and a link to WIC-specific growth charts (for ages 2 to 5 years). <http://www.cdc.gov/growthcharts/>
- Health & Nutrition Publications*. Virginia Extension Service. Various handouts on nutrition for preschoolers. <http://pubs.ext.vt.edu/category/health-nutrition.html>
- Keys to Great Caregiving*. University of Connecticut, 2006. Eight brochures on fun and learning with babies and toddlers, including Care for Yourself; Cuddle, Talk and Read with Your Child; How Your Child Develops; Be Playful with Your Child; Show Your Child the World; Teach Self Control; Practice Health and Safety; and Healthy Eating. <http://www.thekeys.uconn.edu/>
- Kids Health*. The Nemours Foundation. Information for parents, kids and teens on health, including food and fitness. <http://www.kidshealth.org>
- Making Food Healthy & Safe for Children: How to Meet the National Health and Safety Performance Standards – Guidelines for Out-of-Home Child Care Programs*. Graves, D.E., Sutor, C.W., & Holt, K.A., eds. National Center for Education in Maternal and Child Health, 1997. <http://www.mchlibrary.info/pubs/default.html#childcare>
- Mealtime Memo for Child Care*. National Food Service Management Institute. Information for child care providers participating in the Child and Adult Care Food Program, focused on good nutrition for young children. <http://www.nfsmi.org/ResourceOverview.aspx?ID=87>
- Maternal and Child Health Library at Georgetown University*. U.S. Department of Health and Human Services. <http://www.mchlibrary.info/pubs/default.html>
- National Center for Education in Maternal and Child Health (NCEMCH)*. <http://www.ncemch.org/>
- National Center on Health*. Early Childhood Learning and Knowledge Center (ECLKC), U.S. Department of Health and Human Services. Resources based on research-based practices to ensure the health and mental wellness of Head Start staff, children and families. <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health>
- National Institute of Child Health and Human Development*. <http://www.nichd.nih.gov/>

Early Childhood Nutrition

National Network for Child Care. U.S. Department of Agriculture Cooperative Extension. Information on nutrition and other topics related to young children. <http://www.nncc.org/>

Prevent Childhood Choking. Food Insight, International Food Information Council Foundation.
http://www.foodinsight.org/Resources/Detail.aspx?topic=Prevent_Childhood_Choking_It_s_Up_To_You

Toddler Nutrition and Health Resource List. Food and Nutrition Information Center, August 2009.
<http://www.nal.usda.gov/fnic/pubs/bibs/gen/toddler.pdf>

WIC Works Resource System. U.S. Department of Agriculture. Includes reports, resources, handouts and other materials on nutrition and activity for young children. <http://www.nal.usda.gov/wicworks/>

◀ [Return to Contents](#) ▶

Elderly Nutrition

Aging. Food and Nutrition Information Center. Resources on healthy eating, nutritional challenges related to aging, food safety issues, Meals on Wheels and other assistance programs. <http://fnic.nal.usda.gov/lifecycle-nutrition/aging>

Healthy Aging. Centers for Disease Control and Prevention. Information, data and resources. <http://www.cdc.gov/aging/>

MyPlate for Older Adults. University of Florida, Institute of Food and Agricultural Sciences (IFAS) Extension, 2012. <http://edis.ifas.ufl.edu/fy1260>

Nutrition for Older Adults. U.S. Department of Agriculture, SNAP-Ed Connection. Information and resources that provide background and support for nutrition education efforts with older adults, including Dietary Reference Intakes (DRIs), statistics, reports and guidelines, brochures and online tools. <http://snap.nal.usda.gov/professional-development-tools/hot-topics-z/nutrition-older-adults>

Older Adults General Nutrition Resource List. Food and Nutrition Information Center, May 2010. <http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>

Jean Mayer Human USDA Human Nutrition Center on Aging at Tufts University. <http://hnrca.tufts.edu/>

National Institute on Aging. Provides information on current research on aging and consumer-oriented information on a wide range of topics important to older people and their families. <http://www.nia.nih.gov/>

Senior Nutrition Awareness Program (SNAP). University of Connecticut and University of Rhode Island. Nutrition information and resources for seniors. <http://publichealth.uconn.edu/CN/SNAP.php>

◀ [Return to Contents](#) ▶

Feeding Infants

Breastfeeding and Infant Nutrition in Child Care. University of Connecticut Cooperative Extension, 2010.

http://www.extension.org/pages/Breastfeeding_and_Infant_Nutrition_in_Child_Care

Breastfeeding Friendly Child Care Centers. New York State Department of Health.

<http://www.health.state.ny.us/prevention/nutrition/cacfp/breastfeedingspon.htm>

Breastfeeding Promotion and Support. Centers for Disease Control and Prevention.

<http://www.cdc.gov/breastfeeding/promotion/index.htm>

Infant Feeding. Healthy Meals Resource System, U.S. Department of Agriculture. Current infant feeding guidelines for Child Nutrition Programs and resource to encourage and support breastfeeding. <http://healthymeals.nal.usda.gov/resource-library/child-and-adult-care-food-program/infant-feeding>

Infant Nutrition. Food and Nutrition Information Center. List of Web sites and resources. <http://fnic.nal.usda.gov/lifecycle-nutrition/infant-nutrition>

Infant Nutrition and Health Resource List. Food and Nutrition Information Center, October 2009.

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/infnut.pdf>

Feeding Infants: A Guide for Use in the Child Nutrition Programs, U.S. Department of Agriculture, Food and Nutrition Service, Revised December 2001. http://www.fns.usda.gov/tn/Resources/feeding_infants.html

Feeding Infants Right from the Start. Mealtime Memo, No. 9, 2006, National Food Service Management Institute.

<http://www.nfsmi.org/documentlibraryfiles/PDF/20080609044427.pdf>

Licensing Toolkit: Feeding Infants. National Resource Center for Health and Safety in Child Care and Early Education, 2012. Action sheets to support child care licensing personnel and child care providers in ensuring environments that promote healthy weight by focusing on high-impact standards of best practice related to infant feeding.

<http://nrckids.org/Toolkit/Infant%20Feeding%20Toolkit.pdf>

Nutrition Policies and Guidance for the Child and Adult Care Food Program: Feeding Infants. Connecticut State Department of Education, 2011. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>

Proper Handling and Storage of Human Milk. Centers for Disease Control and Prevention.

http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

Sample Childcare Center Breastfeeding Policy. Vermont Department of Health.

http://healthvermont.gov/wic/documents/childcare_policy.pdf

Starting Solids: Nutrition Guide for Infants and Children 6 to 18 Months of Age. Food Insight, National Food Information Center Foundation, 2005.

http://www.foodinsight.org/Resources/Detail.aspx?topic=Starting_Solids_Nutrition_Guide_for_Infants_and_Children_6_to_18_Months_of_Age

The First 12 Months: A Guide to Infant Feeding. Pennsylvania State University, 2001.

<http://pubs.cas.psu.edu/freepubs/pdfs/uk085.pdf>

The Infant Feeding Series. Michigan State Department of Education, 2007. An infant feeding curriculum designed to assist low-income mothers with early infant feeding, especially introducing solid foods at the appropriate time. Includes lesson plans, handouts, readings and video segments. <http://www.nursing.msu.edu/tifs/curriculum.asp>

10 Steps to Breastfeeding Friendly Child Care Centers. Wisconsin Department of Health Services, 2009.

http://dhs.wi.gov/health/physicalactivity/pdf_files/BreastfeedingFriendlyChildCareCenters.pdf

◀ [Return to Contents](#) ▶

Food Labels

- Claims That Can Be Made for Conventional Foods and Dietary Supplements.* U.S. Food and Drug Administration, September 2003.
<http://www.fda.gov/food/labelingnutrition/labelclaims/ucm111447.htm>
- Consumer Nutrition and Health Information.* U.S. Food and Drug Administration.
<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/default.htm>
- Deciphering Food Labels.* The Nemours Foundation.
http://kidshealth.org/parent/nutrition_center/healthy_eating/food_labels.html#cat20738
- Do Food Labels Make a Difference? ... Sometimes.* Amber Waves, U.S. Department of Agriculture, Economic Research Service, November 2007. The economics behind food labeling provides insight into the dynamics of voluntary and mandatory food labeling and the influence labeling has on consumers' food choices.
<http://www.ers.usda.gov/AmberWaves/November07/Features/FoodLabels.htm>
- Examples of Revised Nutrition Facts Panel Listing Trans Fat.* U.S. Food and Drug Administration.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/ucm173838.htm>
- Federal Register Final Rule - 70 FR 56828 September 29, 2005. Food Labeling: Nutrient Content Claims, Definition of Sodium Levels for the Term "Healthy."* Food and Drug Administration.
<http://www.fda.gov/Food/LabelingNutrition/LabelClaims/NutrientContentClaims/ucm074966.htm>
- Food Labels.* Nutrition.gov. Links to information and resources. <http://www.nutrition.gov/shopping-cooking-meal-planning/food-labels>
- Food Labels Help Consumers Make Healthier Choices.* U.S. Food and Drug Administration, March 2008.
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm094536.htm>
- Food Labeling.* Medline Plus. <http://www.nlm.nih.gov/medlineplus/ency/article/002459.htm>
- Food Labeling and Nutrition Education Campaigns.* Food and Drug Administration.
<http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm117526.htm>
- Food Labeling Regulations, Title 21, Part 101.* Food and Drug Administration.
<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=101>
- Food Product Dating.* U.S. Department of Agriculture Food Safety and Inspection Service.
http://www.fsis.usda.gov/Fact_Sheets/Food_Product_Dating/index.asp
- Food Smarts: Understanding Food Labels.* PBS Kids. <http://pbskids.org/itsmylife/body/foodsmarts/article4.html>
- Fooling Around with Food Labels.* Best Bones Forever Health Campaign. Web site for children on how to use the food label to identify calcium-rich foods. http://www.bestbonesforever.gov/best_foods/food_labels.html
- Guidance Documents.* U.S. Food and Drug Administration.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/default.htm>
- Guidance for Industry: A Food Labeling Guide.* Food and Drug Administration. Provides an overview of food labeling regulations including specific guidance on nutrient and health claims.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/default.htm>
- Guidance for Industry: A Food Labeling Guide – Appendix A. Definitions of Nutrient Content Claims.* U.S. Food and Drug Administration, October 2009.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064911.htm>
- Guidance for Industry: A Food Labeling Guide – Appendix B. Additional Requirements for Nutrient Content Claims.* Food and Drug Administration, October 2009.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064916.htm>
- Guidance for Industry: A Food Labeling Guide – Appendix C. Health Claims.* U.S. Food and Drug Administration, October 2009.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064919.htm>

- Guidance for Industry: A Food Labeling Guide – Appendix H. Rounding the Values According to FDA Rounding Rules.* U.S. Food and Drug Administration, October 2009.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064932.htm>
- How to Understand and Use the Nutrition Facts Label.* U.S. Food and Drug Administration, Revised November 2004.
<http://www.fda.gov/food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>
- Label Education Tools.* U.S. Food and Drug Administration. General information on food labels, test your food label knowledge quiz and education resources. <http://www.cfsan.fda.gov/~dms/lab-gen.html>
- Make Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management.* U.S. Food and Drug Administration. An interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake. The exercises will help consumers use the food label to make decisions about which food choice is right for them.
<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm275438.htm>
- National Organic Program (NOP).* U.S. Department of Agriculture Agricultural Research Service. Information on the USDA program that develops, implements and administers national production, handling and labeling standards for organic agricultural products. <http://www.ams.usda.gov/AMSV1.0/nop>
- Nutrient Content Claims. Guidance for Industry, A Dietary Supplement Labeling Guide (Chapter VI).* Food and Drug Administration, April 2005.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/DietarySupplements/DietarySupplementLabelingGuide/ucm070613.htm>
- Nutrition Facts Label Brochure.* Food and Drug Administration, August 2006.
<http://www.fda.gov/downloads/Food/LabelingNutrition/ConsumerInformation/ucm120909.pdf>
- Nutrition Facts Label Programs and Materials.* Food and Drug Administration.
<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/default.htm>
- Read It Before You Eat It Poster.* U.S. Department of Agriculture. April 2007.
http://teamnutrition.usda.gov/Resources/read_it.html
- Reading Food Nutrition Labels.* American Heart Association.
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp
- Reference Amounts Customarily Consumed per Eating Occasion (RACC).* Section 101.12 of Title 21 Food and Drug Regulations.
<http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=21&PART=101&SECTION=12&YEAR=1999&TYPE=PDF>
- Teens Health: What Do Food Labels Really Say?* The Nemours Foundation.
http://kidshealth.org/teen/food_fitness/nutrition/food_labels.html
- The Food Label and You Video.* U.S. Food and Drug Administration, March 2011.
<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm246815.htm>
- Trans Fat Now Listed With Saturated Fat and Cholesterol on the Nutrition Facts Label.* U.S. Food and Drug Administration, 2004. Explains which foods often contain trans fat; how to choose foods with lower saturated fats, trans fats and cholesterol and practical tips for daily use. <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274590.htm>
- Use the Nutrition Facts Label.* National Heart Lung and Blood Institute.
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/nutrition-facts.htm>
- Using Nutrition Facts Labels.* SNAP-Ed Connection, U.S. Department of Agriculture. <http://snap.nal.usda.gov/resource-library/manage-your-food-resources-wisely/using-nutrition-facts-labels>
- What's on a Food Label?* Kansas State University, March 2006. <http://www.ksre.ksu.edu/library/fntr2/l883.pdf>

◀ [Return to Contents](#) ▶

Nutrition Information

- Action for Healthy Kids.* Information, tools and resources on how to work towards improving children's nutrition and physical fitness. <http://www.actionforhealthykids.org>
- American Academy of Pediatrics.* Site includes all AAP position papers on a variety of health and safety issues for children, including nutrition-related topics. <http://aappolicy.aappublications.org/>
- American Cancer Society.* ACS's dietary guidelines and common questions about cancer and diet are covered in a clear, readable style. <http://www.cancer.org/docroot/home/index.asp>
- American Council on Science and Health.* Consumer education consortium concerned with preventing science-based information regarding health issues, including food and nutrition. Many publications and resources. <http://www.acsh.org/>
- American Dietetic Association.* Food and nutrition information provided in a responsible, in-depth and accurate manner from a professional association of dietitians. <http://www.eatright.org/Public/>
- American Heart Association.* Good balance of patient education materials, nutrition tips for health-conscious consumers and scientific information for researchers and professionals. <http://www.americanheart.org/>
- Botanical Supplement Fact Sheets.* National Institutes of Health, Office of Dietary Supplements. http://ods.od.nih.gov/Health_Information/Botanical_Supplements.aspx
- Child Health and Development Institute of Connecticut, Inc.* The mission of this organization is to promote and maximize the healthy physical, behavioral, emotional, cognitive and social development of children throughout Connecticut. <http://www.chdi.org/>
- Center for Science in the Public Interest (CSPI).* A nonprofit education and advocacy organization that focuses on improving the safety and nutritional quality of our food supply. Site includes reports, information on food, nutrition quizzes and a section for kids. <http://www.cspinet.org>
- Center for Weight and Health.* University of California Berkeley. <http://cwh.berkeley.edu/>
- Dairy Council of California.* Free and low-cost nutrition education materials and information for all ages. <http://www.dairycouncilofca.org/>
- Dietary Supplements Fact Sheets.* National Institutes of Health, Office of Dietary Supplements. http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx
- Federal Citizen Information Center.* Access to hundreds of educational materials on health, food and nutrition, all of which have been published and reviewed by government agencies. <http://publications.usa.gov/USAPubs.php>
- Food (Nutrition, Safety and Cooking).* University of Nebraska Cooperative Extension. Information, resources, games and newsletters on nutrition and food safety. <http://lancaster.unl.edu/food/>
- Food and Nutrition Information Center.* National Agricultural Library, U.S. Department of Agriculture. A vast resource center of credible, accurate and practical resources for nutrition and health professionals, educators, government personnel and consumers. <http://fnic.nal.usda.gov/>
- Food Insight.* International Food Information Council Foundation. Industry supported site with lots of balanced information on nutrition and food safety. <http://www.foodinsight.org/>
- Food Research and Action Center (FRAC).* Site of a leading national organization working to improve public policies to eradicate hunger and undernutrition in the United States. <http://www.frac.org>
- Global Health Issues.* U.S. Department of Health and Human Services. Addresses global health and the link between domestic and international health issues. <http://www.globalhealth.gov/>
- Healthfinder.* U.S. Department of Health and Human Services. Developed to serve as a key resource for finding the best government and nonprofit health and human services information on the Internet. The "Kids" section contains information, games, contests and many links to child-appropriate websites. <http://www.healthfinder.gov/>
- Healthfinder in Spanish.* <http://www.healthfinder.gov/espanol/>
- Institute of Food Science and Technology.* Includes the latest up-to-date and accurate information on food science and technology for scientists, health professionals, journalists and consumers. <http://www.ifst.org/>
- Intelihealth.* Aetna and Harvard Medical School. Resources on health information. <http://www.intelihealth.com>
- Kids Eat Right.* American Dietetic Association. Scientifically-based health and nutrition information to help children grow healthy. <http://www.eatright.org/kids/>

Nutrition Information

- KidsHealth Nutrition & Fitness Center.* Nemours Foundation. Nutrition information and resources for parents, kids and teens. http://kidshealth.org/parent/centers/fitness_nutrition_center.html#cat20738
- Knowledge Paths Index,* National Center for Education in Maternal and Child Health. Knowledge paths on maternal and child health-related topics contain selections of recent, high quality resources and tools for staying abreast of new developments and conducting further research. <http://www.mchlibrary.info/KnowledgePaths/index.html>
- Mayo Clinic.* Reliable information on a variety of health-related topics. <http://www.mayoclinic.com/>
- Maternal and Child Health Bureau.* U.S. Department of Health and Human Services. Many publications on a variety of health-related topics, including nutrition for children. <http://mchb.hrsa.gov/>
- MedlinePlus.* Provides access to authoritative information from the National Libraries of Medicine, the National Institutes of Health (NIH) and other government agencies and health-related organizations. <http://medlineplus.gov/>
- MedlinePlus Antioxidants.* <http://www.nlm.nih.gov/medlineplus/antioxidants.html>
- MedlinePlus Food and Nutrition.* <http://www.nlm.nih.gov/medlineplus/foodandnutrition.html>
- MedlinePlus Minerals.* <http://www.nlm.nih.gov/medlineplus/minerals.html>
- MedlinePlus Vitamins.* <http://www.nlm.nih.gov/medlineplus/vitamins.html>
- National Center for Complementary and Alternative Medicine (NCCAM).* National Institutes of Health. Provides information on complementary and alternative medicine practices and research. <http://www.nccam.nih.gov/>
- National Heart, Lung and Blood Institute (NHLBI).* NHLBI is part of the National Institutes of Health and conducts research related to the causes, prevention, diagnosis and treatment of heart, blood vessel, lung and blood diseases; and sleep disorders. Many publications are available. <http://www.nhlbi.nih.gov/>
- National Institutes of Health (NIH).* NIH is one of eight health agencies of the Public Health Service, of the U.S. Department of Health and Human Services, whose mission is research to uncover new knowledge that will lead to better health. The site accesses a large variety of publications and information. <http://www.nih.gov/>
- Nutrient Factsheets.* University of Florida. http://edis.ifas.ufl.edu/topic_nutrients
- Nutrition and Health Info-Sheets.* University of California. Topics include Energy Drinks, General Nutrition and Health Guidelines, Calcium, Calcium & Osteoporosis, Cholesterol, Ephedra, Fiber, Fat, Iron & Anemia, Low Carbohydrate Diets, Soy and St. John's Wort. <http://nutrition.ucdavis.edu/InfoSheets/>
- Nutrition in Children and Adolescents Knowledge Path.* Maternal and Child Health Library. http://www.mchlibrary.info/KnowledgePaths/kp_childnutr.html
- Nutrition.Gov.* Provides easy access to all online federal government information on nutrition. Includes resources in Spanish. <http://www.nutrition.gov/>
- Nutritive and Nonnutritive Sweetener Resources.* Food and Nutrition Information Center, U.S. Department of Agriculture. <http://fnic.nal.usda.gov/food-composition/nutritive-and-nonnutritive-sweetener-resources>
- Ohio State University.* Lots of nutrition information (infants, kids, adolescents and elderly), recipes, cultural eating habits and food safety information. <http://ohioline.osu.edu/lines/food.html>
- PubMed.* National Library of Medicine. Includes millions of citations for biomedical literature from MEDLINE, life science journals and online books. <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>
- Science.gov.* A gateway to authoritative selected science information provided by U.S. Government agencies, including research and development results. <http://www.science.gov/index.html>
- SNAP-Ed Connection.* U.S. Department of Agriculture. Online resource center for state and local food stamp providers. <http://snap.nal.usda.gov/>
- Spanish Language Health Information.* Food and Drug Administration. <http://www.fda.gov/oc/spanish>
- The Nutrition Source.* Harvard School of Public Health. Provides clear tips for healthy eating and dispels nutrition myths. <http://www.hsph.harvard.edu/nutritionsource/>
- University of Nebraska Cooperative Extension.* Nutrition, food preparation and food safety information. <http://lancaster.unl.edu/food/>
- Vitamin and Mineral Supplement Fact Sheets.* National Institutes of Health, Office of Dietary Supplement. http://ods.od.nih.gov/Health_Information/Vitamin_and_Mineral_Supplement_Fact_Sheets.aspx

[!\[\]\(8af806fb1314382d09bc5ec5b767526c_img.jpg\) *Return to Contents* !\[\]\(e640e0608cc7d5ca49cf1ad6b9b82bbd_img.jpg\)](#)

Nutrition Myths and Fad Diets

Consumer Health Information for Better Nutrition Initiative. Designed to encourage makers of foods and dietary supplements to make science-based health claims about their products. The initiative also aims to help eliminate false or misleading claims related to dietary supplements.

<http://www.fda.gov/Food/LabelingNutrition/LabelClaims/QualifiedHealthClaims/QualifiedHealthClaimsPetitions/ucm096010.htm>

Evaluating Health Information. Medline Plus. <http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine. Medline Plus. <http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>

Fad Diet Review Handout. Communicating Food for Health Newsletter, 2004. Summarizes popular fad diets and why they don't work. Includes list of good diet books. <http://www.foodandhealth.com/Sept04-5.pdf>

Fad Diets: Busting the Myths. Wheat Foods Council. <http://www.wheatfoods.org/node/857>

Food and Nutrition Misinformation, Position Statement of the American Dietetic Association. Journal of the American Dietetic Association, 106(4):601-607, 2006. <http://www.eatright.org/About/Content.aspx?id=8383&terms=Food+and+Nutrition+Misinformation>

Fraud and Nutrition Misinformation. Food and Nutrition Information Center, U.S. Department of Agriculture. Resources and information for spotting suspicious health claims and links for checking out food and nutrition myths and misinformation. Includes resources specific to weight loss diets and products. <http://fnic.nal.usda.gov/dietary-guidance/fraud-and-nutrition-misinformation>

Health Fraud Scams. Food and Drug Administration. Designed to educate and inform the public and regulated industry about the dangers of health fraud scams (English and Spanish). <http://www.fda.gov/ForConsumers/ProtectYourself/HealthFraud/default.htm>

How to Evaluate Health Information on the Internet. Food and Drug Administration. <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/BuyingMedicinesOvertheInternet/ucm202863.htm>

Integrity in Science Database. Center for Science in the Public Interest. Database providing information on the funding sources for any person or organization, to help identify any conflicts of interest in data or studies. <http://cspinet.org/integrity/>

Nutrition Accuracy in Popular Magazines. American Council on Science and Health, February 2007. Review of accuracy of nutrition coverage by popular magazines. http://acsh.org/news/newsID.1502/news_detail.asp

Nutrition and Health Info Sheet: Energy Drinks (Publication 8265). University of California, 2007. <http://anrcatalog.ucdavis.edu/pdf/8265.pdf>

QuackwatchSM. Quackwatch, Inc., a member of Consumer Federation of America, is a nonprofit corporation whose purpose is to combat health-related frauds, myths, fads and fallacies. <http://www.quackwatch.org/>

Red Flag Bogus Weight Loss Claims. Federal Trade Commission. The "Red Flag" education campaign assists media outlets voluntarily to screen out deceptive weight-loss product advertisements. <http://www.ftc.gov/bcp/edu/microsites/redflag/>

The National Council Against Health Fraud (NCAHF). A private nonprofit, voluntary health agency that focuses upon health misinformation, fraud and quackery as public health problems. <http://www.ncahf.org/>

Weight Control Information Network (WIN). WIN is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). WIN was established in 1994 to provide health professionals and consumers with science-based information on obesity, weight control and nutrition. <http://win.niddk.nih.gov/index.htm>

Weight Loss and Nutrition Myths: How Much Do You Really Know? National Institute of Diabetes & Digestive & Kidney Diseases (National Institutes of Health). <http://win.niddk.nih.gov/publications/myths.htm>

◀ [Return to Contents](#) ▶

Nutrition Resources for Families

- Bright Futures Nutrition Family Fact Sheets*. National Center for Education in Maternal and Child Health, 2002.
<http://www.brightfutures.org/nutritionfamfact/index.html>
- Create Healthy, Active Celebrations. Easy Ways To Eat Smart and Play Hard with Friends and Family*. U.S. Department of Agriculture, May 2008. <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf>
- Eat Smart Play Hard*. U.S. Department of Agriculture, May 2008. <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>
- Fact Sheets for Families*. California Childcare Health Program (University of California San Francisco School of Nursing). Fact sheets in English or Spanish on a wide range of health and safety issues written in easy-to-understand language and designed to be distributed to families by child care providers.
<http://www.ucsfchildcarehealth.org/html/pandr/factsheetsmain.htm>
- Food for Thought: Ideas for Parents of Preschoolers*. University of Illinois Extension. Nutrition information on a variety of topics in English and Spanish. <http://urbanext.illinois.edu/foodforthought/>
- Lunch Box Handouts*. University of California Cooperative Extension, San Luis Obispo County, 2007. Five educational handouts in English and Spanish designed to assist parents in packing healthy brown bag lunches for their preschool children (ages 2-6). Includes Healthy Lunches for Preschool Children, Learning from Labels, Safe Lunches for Preschool Children, Appealing Lunches for Preschool Children and 15 Take-Along Lunches for Preschool Children.
http://cesanluisobispo.ucdavis.edu/Nutrition_Family_and_Consumer_Science208/Lunch_Box_Handouts/
- Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices*. U.S. Department of Agriculture, 2008.
<http://www.fns.usda.gov/fns/corenutritionmessages/Files/Guidebook.pdf>
- Nutrition and Healthy Families*. Cornell University Cooperative Extension System. Current research on food, nutrition and food safety topics. <http://cce.cornell.edu/Nutrition/Pages/default.aspx>
- Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) Handouts for Parents*. Center for Health Promotion and Disease Prevention (HPDP), University of North Carolina at Chapel Hill. Includes How Can I Influence What My Child Eats?; Avoid Being a Family of Sofa Slugs; How to Make Your Home an Active One; What's in Your House? Creating a Healthy Food Environment; and Eating Between Meals – Snacking for Kids. http://www.center-trt.org/downloads/obesity_prevention/interventions/NAPSACC/technical/Parent_handouts_English.pdf (English) or http://www.center-trt.org/downloads/obesity_prevention/interventions/NAPSACC/technical/Parent_handouts_Spanish.pdf (Spanish)
- Nibbles for Health: Nutrition Newsletters for Parents of Young Children*. U.S. Department of Agriculture, March 2003 (Revised 2008). Developed for child care center staff and parents of young children enrolled in child care centers. This kit offers child care center staff guidance on conducting discussions with parents in three "sharing sessions" and accompanying posters. The kit also contains 41 reproducible parent newsletters. <http://www.fns.usda.gov/tn/Resources/nibbles.html>
- Nutrition Basics*. Centers for Disease Control and Prevention. <http://www.cdc.gov/nutrition/everyone/basics/index.html>
- Nutrition and Your Child Newsletter*. Children's Nutrition Research Center, Baylor College of Medicine.
<http://www.bcm.edu/cnrc/index.cfm?PMID=9883>
- Nutrition Minutes*. Rudd Center for Food Policy and Obesity, Yale University. Two-page informational handouts for families that include a child activity. Topics include Healthy Beverages, Healthy Snacks and Picky Eating.
http://www.yaleruddcenter.org/what_we_do.aspx?id=302
- Team Up at Home: Team Nutrition Activity Booklet*. U.S. Department of Agriculture, May 2007. This booklet teaches parents and school-age children about MyPyramid in a fun and interactive way. Games and puzzles will engage children, while tips and quizzes will interest parents. The book encourages parents and children to complete hands-on activities together as they learn about the five food groups and physical activity. Recipes and snack ideas provide families with a fun way to practice good eating habits and reinforce the concepts taught in the book. *Note: Choose MyPlate replaces the Food Guide Pyramid.*
<http://teamnutrition.usda.gov/Resources/teamupbooklet.html>

◀ [Return to Contents](#) ▶

Nutrition Screening Tools

Nutrition Education and Assessment for Toddlers Toolkit. Michigan State University, 2007. An assessment tool to evaluate nutrition and eating behaviors of families with toddlers. Includes action messages and handouts for parents to provide education on areas of concern. <http://nursing.msu.edu/neat/neatpdf.asp>

Nutrition Questionnaire for Children. Connecticut State Department of Education, 2006.
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Early/ChildNutCP.pdf> (see last four pages of *Child Nutrition. A Focus on Preschool – Guidance for Early Care and Education Programs*)

Nutrition Screening for Infants and Young Children with Special Health Care Needs, Spokane County, Washington. Washington State Department of Health, October 2008. Documents the need for regular nutrition screening of children with special health care needs and the need for referral networks of registered dietitians for helping children and families get the nutrition services. Includes a nutrition screening form, *A Look at Your Child's Nutrition* (Appendix A).
http://www.doh.wa.gov/Portals/1/Documents/Pubs/970-116_NutritionScreeningForInfantsAndYoungCSHCN.pdf

The PEACH Survey: A Nutrition Screening Tool for Use in Early Intervention Programs. Journal of the American Dietetic Association, Volume 94, Number 10, October 1994. <http://www.ncbi.nlm.nih.gov/pubmed/7930323>

◀ [Return to Contents](#) ▶